



Tullahoma City School System Trend Report CSH Overview Summary

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Tullahoma City School System.

CSH Infrastructure Established

An infrastructure for CSH has been developed for the Tullahoma City School System that includes:

- School Health Advisory Committee
- Seven Healthy School Teams
- School Health Policies strengthened or approved include the wellness policy
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$776,308.

Community partnerships have been formed to address school health issues. Current partners include:

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| ➤ 5 Loaves 4 Kids | ➤ Keep Coffee County Beautiful |
| ➤ American City Bank | ➤ Kidsville News |
| ➤ Ascend Federal Credit Union | ➤ Kiwanis |
| ➤ ATA | ➤ Kool Kids |
| ➤ Blood Assurance | ➤ Lester, Green, and McCord |
| ➤ Centerstone | ➤ Insurance |
| ➤ Coca Cola | ➤ Local Dentists |
| ➤ Coffee County and | ➤ Local Physicians |
| ➤ Manchester City CSH | ➤ McMurr's |
| ➤ Coffee County Anti-Drug | ➤ Mortgage Connection |
| ➤ Coalition | ➤ Motlow State Community College |
| ➤ Coffee County Health | ➤ Northgate Mall |
| ➤ Council | ➤ Pepsi |
| ➤ Coffee County Leadership | ➤ Regions Bank |
| ➤ Community Service Learning | ➤ RHAT |
| ➤ Class | ➤ Rogers Group |
| ➤ Dominos Pizza | ➤ Sheppard's House |
| ➤ Dr. Brad Windley | ➤ Short Stop Market |
| ➤ Excel Eyecare | ➤ Star Students |
| ➤ Harton Hospital | ➤ Sunrise Rotary |
| ➤ Harton Realty | ➤ Tahperd |
| ➤ Haven of Hope | ➤ Traders Bank |
| ➤ Interlocal Solid Waste | ➤ Tullahoma Chamber of Commerce |
| ➤ Authority | ➤ Tullahoma Lanes |

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| ➤ Tullahoma Lions Club | ➤ Tullahoma Vision Associates |
| ➤ Tullahoma News | ➤ United Way of the Highland Rim |
| ➤ Tullahoma Noon Lions Club | ➤ Vanderbilt Children's Hospital |

Parent and Student Involvement Developed

Parents are involved in numerous CSH activities such as field days, health screenings, PTO, field trips, recycling projects, blood drives, and healthy school teams. During the 2010-2011 school year, 210 parents partnered with CSH.

Students have been engaged in CSH activities such as health screenings, student menu committee, red ribbon week activities, service learning, snack committee, student safety patrol, crime watchers, recycling projects, earth day activities, healthy fundraisers, bottle wars, and healthy events such as the Great Pumpkin 5k, walk-a-thon, and hop-a-thon. Approximately 1350 students are partnering with CSH to address school health issues.

School Health Interventions

Since CSH has been active in Tullahoma the following health interventions have taken place:

School Health Screenings and Referrals to Health Care providers for the 2010-11 school year – 1351 students for blood pressure, vision, hearing, and BMI resulting in 246 referrals to health care professionals;

Students seen by a school nurse and returned to class – 9060 visits and 7542 students returned to class;

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA. Overweight and obesity rates for the Tullahoma City School System have declined from 39% in 2007 to 33% during the 2010-2011 school year;

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include climbing walls for elementary schools, Take 10! curriculum, DDR/Wii dance systems, and physical education equipment for all schools;

Professional development has been provided to counselors, physical education teachers, and nurses. Examples include bloodborne pathogens, suicide prevention, asthma education, Handle With Care training, and TAPHERD memberships for physical education teachers;

School faculty and staff have received support for their own well-being through discounted memberships to local workout facilities.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – added nutrition enrichment classes, teen issues classes, puberty/Always Changing education;
- Physical Education/Physical Activity Interventions – new equipment purchased;
- Nutrition Interventions – USDA guidelines followed for school meals, all elementary schools received USDA Gold Award. Five Loaves 4 Kids back pack program provides food to students needing food over the weekend;
- Mental Health/Behavioral Health Interventions – behavior consultant hired by TCS.

In such a short time, CSH in the Tullahoma City School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement.

For more information concerning Coordinated School Health (CSH), please contact the Coordinator.

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